

ARTHRITIS ADVISORY COUNCIL MEETING

Date: November 12, 2003

Time/Place: 12-2, PTC Bldg, 6th Floor

Recorder: Deanna Jarvis

Facilitator: Patti Moran

Attendees: Susie Beem (phone), Bonnie Christophersen (phone), Donna Denney, Sue Englesby, Susan Gordon, Mimi Hartman, Dana Howell (phone), Jeanette Jones, Kent McCarthy, Patti Moran, Leslie Nelson (phone), David S. Nielson, Tammy Pearson (phone), Darlene Pollard, Dan Ward, Stacia Royster Ward.

DISCUSSION	ACTION/RECOMMENDATION
<p><i>Arthritis Walk(s)</i></p> <ul style="list-style-type: none"> Leslie Nelson, Arthritis Foundation (AF), discussed plans for Arthritis Walks in Twin Falls and Boise in May 2004, to coincide with National Arthritis Month. May 1 is a tentative date. The purposes are: 1. Increase awareness of arthritis and of the AF, 2. Promote exercise as a way to help deal with arthritis, and 3. Raise funds for AF activities. There will be a 5k or 1 mile option, although participants are welcome to walk only as far as they feel comfortable or even just show up to support arthritis awareness. Needs are: recruit teams; solicit sponsors (either for donations or for participating teams); appoint a chair, a logistics person (Len Anderson, Idaho Power?) and a public relations person (radio station with multiple stations, dj music, Walt Baker Ch. 2 Community Relations, Larry Gephardt Ch.7, Idaho Statesman?); name an honoree and a spokesperson (George Kennedy?). A theme will be announced in early January. Locations were discussed: Idaho Center, BSU indoor track and field, Boise Towne Square Mall. 	<p>Potential corporate sponsors to be contacted/ person responsible:</p> <ul style="list-style-type: none"> Albertsons/Sue Englesby Idaho Power/Kent McCarthy and Susan Grey Fred Meyer/Leslie Nelson and Terry Nelson, PharmD Norco/Susan Gordon St. Luke's/Idaho Elks/Susan Gordon (DEFINITELY PARTICIPATE) Joint Efforts (St. Luke's/Idaho Elks)/Joan Rigg Sacroease - Leslie Nelson <p>Location:</p> <ul style="list-style-type: none"> Boise Town Square Mall was the unanimous suggestion, with more visibility, no weather problems, more chance of sponsors. Susan suggested a self-guided tour with places to sit, with the organized part of the walk before the mall opens in the morning. Dan Ward suggested setting up a meeting with mall tenants to garner support.
<p><i>JA Family Network</i></p> <ul style="list-style-type: none"> After JA Day was cancelled due to low registrations, Kent contacted the two families who did register and discussed establishing a family network. He envisions a friendly scenario for families to get together to talk, without presentations or speakers, perhaps every other month. Patti shared information on Missouri's Regional JA Network, which has a contact person in each part of the state. Stacia Royster Ward asked for ways to identify people who would be interested in being a part of the network. Suggestions included placing information flyers at doctor office front desks, schools (through the PTA's), pharmacies, therapy offices, recreation centers, websites (AJAO). Information about the family network and the contacts could be listed with the Idaho CareLine. 	<ul style="list-style-type: none"> Bonnie will do a one-time mailing. Kent will write a draft proposal, send it to Stacia, and plan to meet in January. Susan Gordon will pass out flyers.

Updates

- Education Day: AF cannot do one this year. Patti asked if the Advisory Council would like to take it on as a project, perhaps having one track for pain and fibromyalgia, and a mini-track for JA.
- Health Communication Campaign: Patti handed out the 1 page AF newsletter on physical activity that was sent to participants of the previous two education days. Darlene said her next support group will do a AFAP class in the pool. Idaho Elks had 1 person come for a free trial and sign up for Aquatics. Nampa Rec reported an increase in their aquatics participants.
- ISU Health Conference: Terry Nelson, PharmD presentation was well received. He is planning to join the Arthritis Advisory Council.
- PACE Assisted Living Survey: The second mailing yielded a very good response. Bonnie announced 15 people have signed up for the PACE class in Meridian November 14th and 15th.

Minutes from the September meeting were approved as written.

Action Plan

Patti said Idaho was the first state to complete an action plan, that it is a five year plan and much in the plan has been accomplished, much is ongoing. CDC has requested states review the plan to decide if a new one should be written. Much of the data is incorrect; there is a higher prevalence now. The National College of Rheumatology is studying whether or not to redefine arthritis; that would change the surveillance questions. Earlier target populations were age related (45-64); now the target is 'people with or affected by arthritis'.

Most members felt the plan is still viable. Susan felt time would be better spent deciding which remaining objectives to follow through on. Donna asked if we could simply write an addendum to the existing plan. Mimi suggested, when a new plan is drafted, it describe where we have come from: "We've done _____ and _____.

Patti said beginning work on the new plan toward the end of 2004 would make publication by 2005 possible; coinciding with the end of the 5 year period of the current state plan. Mimi noted that CDC is constantly evolving which allows for changes in direction by state programs. The national arthritis meeting will be held February 29, March 1 and 2; any new CDC directions will be announced then. This year's meeting will include the Arthritis Foundation so we'll have a better idea of any changes in their organization as well. Meanwhile, Patti can identify elements to be included in the next plan such as a logic model and start work on those.

The plan is distributed to partners who contribute by working on the goals and objectives.

- Darlene and Susan offered their help.

- Bonnie recommended a new plan be delayed until after the national meeting

SUBCOUNCILS

Did not meet separately during this meeting

FUTURE EVENTS

- PACE training at St. Luke's Meridian Medical Center: November 14-15, 2003
- *St. Luke's/Idaho Elks Rehabilitation Arthritis Support Group Meeting*, 4th floor- Call Darlene for more information at (208) 377-4253

December 4, 2003	Warm Water Exercises
January 8, 2004	Wellness through Active Living
February 5, 2004	Food & Arthritis
March 4, 2004	Gardening & Arthritis
April 1, 2004	PACE Exercise on Land
May 6, 2004	Relaxation Techniques
June 3, 2004	Arthritis Perceptions

The next Arthritis Advisory Council meeting will be in March, 2004.

Respectfully submitted, Deanna Jarvis, Administrative Assistant, November 13, 2003.